

Step-by-Step Instructions for Each Kata

Below are concise, step-by-step breakdowns for each requested Shotokan kata, based on available detailed sources. Each summary covers the opening sequences and main structural points. For full depth, refer to video tutorials and in-person instruction.

Jitte

1. **Yoi (Ready Position):** Stand in natural stance, arms by your side.
2. **First Move:** Drop the right hand as you bend your knees. Step back with the right leg, circling the right arm and pulling it toward you, stepping into zenkutsu dachi (front stance) and finishing in a hanmi (side-facing) position. This is a hooking block^[1].
3. **Second Move:** Look 45° left, step 45° with the left leg, rotate into shomen (square-facing), and execute a slow gedan teisho uchi (downward palm-heel strike) as you complete the step into zenkutsu dachi^[1].
4. **Repeat:** Continue with combinations of double downward blocks, yama kamae (mountain posture), and fumikomi (stamping kick) with double forearm shakes, repeating these sequences as outlined in full kata tutorials^[2].
5. **Transitions:** The kata includes several rising blocks, aggressive offensive movements, and a large leap towards the end before returning to the starting position and bowing^[2].

Chinte

1. **Yoi (Ready Position):** Feet together, left fist palm up in the center, right fist on top, palm facing the body. Elbows point outward^[3].
2. **Move 1:** Look right, slowly lift right elbow and fist up and to the right. Once high, bring the elbow and fist down together in a tetsui uchi (bottom fist strike) at collarbone height^[3].
3. **Move 2:** Turn head left, drop right tetsui arm down. Bring right fist under left, rotate palms to face each other, then lift left elbow and fist up and to the left. Bring down together in a left tetsui uchi^[3].
4. **Move 3:** Drop left arm, open hand, step forward into kiba dachi (horse stance), drop right hand, open hand, swing both arms up high as left leg lands in kiba dachi, right fingers over left^[3].
5. **Continue:** The kata features more circular and flowing techniques, with unique hand motions and a distinctive closing sequence.

Sochin

No detailed step-by-step found in the search results. Summary based on standard Shotokan practice:

- Begin from yoi.
- Step out into sochin-dachi (rooted stance), perform slow, powerful blocks and strikes emphasizing stability and rootedness.
- The kata features repeated use of fudo-dachi (immovable stance), strong shuto-uke (knife hand blocks), and gyaku-zuki (reverse punches).
- Includes a signature sequence of slow downward blocks and powerful strikes, with a focus on strength and breathing.

Meikyo

1. **Yoi:** Start in musubi-dachi, announce "Meikyo" ^[4].
2. **Move 1 (Ryo goshi-kamae):**
 - Shift right foot right, extend arms to flanks, open hands.
 - Move hands in ascending circles, lower pelvis.
 - Sit into kiba-dachi, lower arms, cross wrists (right over left) in front of chest.
 - Pull elbows back, close fists, bring to hips in ryo goshi-kamae posture ^[4].
3. **Move 2 (Joshin-kamae):**
 - Still in kiba-dachi, open hands, bring toward abdomen.
 - Raise hands, palms facing face, as if looking into a mirror ^[4] ^[5].
4. **Continue:** The kata proceeds with blocks and strikes to the corners, open-hand techniques, and sequences symbolizing "polishing the mirror." Includes a triangular jump and striking movements ^[6] ^[7].

Jiin

No step-by-step found in search results. Standard Shotokan summary:

- Begin from yoi.
- Step into hachiji-dachi, perform double downward blocks.
- Use a combination of shuto-uke (knife hand block), nukite (spear hand), and various stances.
- The kata is characterized by its symmetry and repeated sequences on both sides.

Notes

- For **Jitte**, **Chinte**, and **Meikyo**, step-by-step details are well-supported by the search results ^[4] ^[1] ^[3] ^[2].
- For **Sochin** and **Jiin**, only general outlines are provided due to lack of detailed steps in the results.
- For full performance, consult video tutorials and in-person instruction, as kata involve precise timing, breathing, and transitions.

"Kata are much more than just sequences of movements, they are detailed expressions of combat principles and philosophy." ^[8]

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1. <https://www.youtube.com/watch?v=VkJtbMaPzA4>
2. <https://www.youtube.com/watch?v=IWZOQd6dvww>
3. <https://www.shotokankarateonline.com/blog/chinte-kata-step-by-step-moves-1-to-3/>
4. <https://www.themartialway.com.au/meikyo/>
5. <https://nms.kcl.ac.uk/richard.overill/Meikyo-rohai.pdf>
6. <https://www.youtube.com/watch?v=HbX9X3JE1E>
7. <https://www.youtube.com/watch?v=MPLqKspywVw>
8. <https://www.youtube.com/watch?v=sRcam0sgNwQ>